

Small Things Matter



Ordinary details can help a child feel seen, known and cared for.



1. What do they like to eat?

Favourite snacks, drinks, safe foods.



2. What helps them get ready?

Clothes, shoes, school things, routines.



3. What comforts them?

Special items, closeness, familiar rhythms.



4. What helps with transitions?

Warnings, choices, calm support, time.



5. What small thing do they love?

A song, game, joke, book or ritual.



6. What helps them feel remembered?

Noticing the little details that matter to them.

Small details tell a child:

I notice you.

Everyday care builds real connection.

